



Kitchen Safety *Basics*

1. Clean up spills quickly.
2. Wash, rinse, sanitize and air dry your dishes.
3. Sanitize your counters and equipment after washing them with soap and warm water.
4. Wash your dishcloths and sponges in warm, soapy water and sanitize them regularly.
5. Clean kitchen floors and dispose of trash daily.
6. Store cleaning supplies and chemicals away from food.
7. Store canned goods in a clean, cool, dry place.
8. Keep your kitchen free of bugs and rodents.

Remember, be sure to have your family, friends and guests wash their hands before eating. When eating out, look to see if the food establishment is using these same rules of food protection.

Chill It *Safe*

1. Divide food into small batches and place in shallow containers of 4 inches or less for rapid cooling.
2. Cover and put food directly into the refrigerator or freezer.
3. Place cooked foods above raw foods.
4. Use cooked foods within four days.



Serve Food *Safe*

1. Keep foods refrigerated until time to prepare, serve or reheat.

Keep **hot foods** at a minimum of 130°F or higher.
Keep **cold foods** at 45°F or lower.
Reheat cooked foods to 165°F or higher.
2. Carry easily spoiled picnic foods in a cooler with a cold ice pack or ice. Place cooler in the shade. Open lid as little as possible.
3. When in doubt, throw it out.

For more information
please call:

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A Guide to *Food Safety*

avoiding foodborne illness

Storage

Preparation

Sanitation

YOU can avoid a foodborne illness!

A foodborne illness is a disease carried to people through food. You can't see, taste or smell the bacteria that cause foodborne illness. Health officials estimate that 76 million people become ill from food each year.

Some foodborne illnesses are as mild as nausea and upset stomach. Other cases are severe with vomiting, diarrhea and fever. About 325,000 people are hospitalized and 5,000 people die each year as a result of foodborne illness.

Certain foods are more at risk for foodborne illness, like foods that are moist, high in protein and slightly acidic. These foods are called potentially hazardous foods and include:

Milk and Milk Products	Poultry
Meat: Beef, Pork, Lamb	Fish
Clams, Mussels, Oysters	Shell Eggs
Lobster, Shrimp, Crabs	Tofu
Soy-Protein Foods	Cooked Rice
Garlic and Oil Mixtures	Cooked Beans
Baked or Boiled Potatoes	Cut Melons
Some Waffle Mixtures	

Safe TIPS (Techniques In Preparation Safety) in food handling, cooling and storage are the ways to avoid a foodborne illness.

Safe Shopping

- Never choose packages that are torn or leaky.
- Place raw meat and poultry packages into plastic bags so the meat juices don't drip onto other foods. The meat juices can contain harmful bacteria that could transfer to cooked foods or foods meant to be eaten raw. This is called cross-contamination.
- Shop for refrigerated and frozen foods last so they will stay cold/frozen.
- In the summer, return home and store easily spoiled foods immediately.



Store Foods Safely

- Refrigerate easily spoiled foods promptly.
- Place well-wrapped meat, poultry, and fish on the bottom shelf of the refrigerator. Meat drippings can cross-contaminate other food.
- Check the temperatures of your refrigerators and freezers:

Refrigerators	—	40° F or colder
Freezers	—	0° or colder

Safe Preparation

Disease causing bacteria are commonly found on dirty hands.

1. Wash your hands well with soap and **WARM** water.

Wash your hands often:

- Before preparing food;
- After using the bathroom;
- After touching raw food;
- After smoking or blowing your nose; and
- After taking out the garbage.

2. Bandage and cover any cuts or open wounds on your hands or wrists.

3. Clean under your fingernails.

4. Use paper towels if serving the public. For home use, be sure your towels are clean.

HOW TO SANITIZE

To sanitize items, soak them in a solution of 1 teaspoon of household bleach per quart of warm water. Solution may also be used in a clean spray bottle for counters and equipment.



1. Wash all fruits and vegetables before use. *(They may have been chemically treated)*

2. Cook food to proper minimum internal (inside) temperatures. You need a food thermometer to do this. Use a metal-stemmed food thermometer. Do not leave the thermometer in the product while it is cooking. Check the temperature at the end of the cooking process.

Poultry, Stuffed meat	165° F
Ground Beef, Pork	155° F
Roast Beef, Beef Steak	155° F <i>(surface)</i>
Eggs and other foods	145° F

3. Use utensils to pick up food during
 - preparation,
 - cooking, and
 - tasting.

4. Don't smoke, eat or drink in the food preparation area.

5. Thaw foods in one of the following ways:
 - In the refrigerator;
 - Under cold running water;
 - In the microwave; or
 - As part of the cooking process.

DO NOT THAW FOODS ON THE COUNTER or at ROOM TEMPERATURE.

6. Wash and sanitize cutting boards between uses to avoid cross-contamination.

7. Keep raw meat and poultry juices away from other foods.

8. Keep ice clean. It is a food!